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VANCOUVER • TUESDAY, AUGUST 5, 2008

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Boy George opens up about drugs

Local page 3



B.C. turns 150 years young

Entertainment page 12



Half a million attend parade

World page 6

Bomb attacks kill 16 police in Western China

Entertainment page 11



Actress fighting breast cancer



Please recycle

Classic vegetarian Pam-demonium at KFC



B.C.'s best-known export Pamela Anderson sinks her teeth into the new KFC faux-chicken Classic Vegetarian Sandwich. Anderson was at KFC's Davie Street location to end her campaign against the fast-food giant. Story, page 3.

Foot in athletic shoe washes up in Washington

JOYCE YIP
for Metro Vancouver

A shoe with flesh and bones inside has been found on a Washington state beach.

U.S. investigators have contacted the RCMP to see if the remains are linked to the five dismembered feet found on B.C. beaches in the past year.

Ron Peregrin, Clallam County undersheriff, told media the remains look like a human right foot in a male athletic shoe but further examination is needed, CBC News Online reports. In June, what initially looked like a sixth foot found on a B.C. beach turned out to be a hoax using animal bones.

These latest remains were found on a beach about 50 kilometres west of Port Angeles in the Strait of Juan de Fuca. DNA test results are expected in about six weeks.

Sea-to-Sky reopens a day ahead of plans

KRISTEN THOMPSON
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The Sea-to-Sky Highway between Vancouver and Whistler has been reopened after a massive rockslide closed down the road for four days.

The road was opened late Saturday night — a day ahead of schedule — after crews worked around the clock to clear the debris.

British Columbia's Transportation Minister Kevin Falcon said he realized closing the highway was inconvenient and hurt communities.

"I'd like to thank the public for their patience, especially the communities of Whistler and Squamish," he said.

Around 16,000 cubic metres of debris fell onto both lanes between Porteau Cove and the Furry Creek Bridge just before midnight on July 29.

No one was injured.

Nine people attacked by man with hammer

JEFF HODSON
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Two people remained in hospital with head injuries yesterday after a crazed man rampaged through a bustling Davie Village following the Pride Parade, striking nine people with a claw hammer.

Khalid Alzghoul, 31, of Vancouver, is facing 17 charges and is expected to appear in provincial court today.

Reza Khalaj, owner of the Tutti convenience store on Davie Street, said a man, dressed in black with long dark hair and sunglasses, entered his store at about 10:15 p.m.

The man grabbed a bottle of

Coke and ran out the door.

Khalaj chased the man next door to the Majestic Restaurant and Lounge.

"I saw him start to hit people in the head with a hammer," Khalaj said. "In one hand he was holding a gun to keep people away from him."

Police said the handgun was fake.

The man, who has a history of mental illness, knocked an unsuspecting man unconscious with a claw hammer.

He then bludgeoned a doorman as well as three people on the patio.

He fled the restaurant, hitting another man on his way out.

Khalaj tried to hit the attacker with his front door as he ran past and — with a man from the Majestic — chased the attacker onto Davie Street, but lost him because it was dark and the man was dressed in black.

The attacker ran across Davie Street to the patio of Characters Restaurant where he assaulted two women with their backs to the street.

A man, who was seated with the women, chased and tackled the attacker and was struck in the head with the hammer.

The two wrestled on the ground until Khalaj and other bystanders arrived to wrestle away the hammer and a large knife.

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Police busy at Celebration Of Light finale

The finale of the Celebration Of Light drew the largest crowd of the event's four nights, and with it more police incidents. Police said there were 400 liquor pour-outs, three fights, six drug seizures and one police officer assaulted. **METRO VANCOUVER**

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Local



Canada goes out with a bang

Canada was the big winner for the second year in a row at Vancouver's annual Celebration Of Light. The head judge, who had to break the first deadlock in the competition's history, said it was an "anguishing" decision. **METRO VANCOUVER**

I SURVIVED A JAPANESE GAME SHOW

Season Finale
9 Tonight!



Citytv

KFC's changes win over Pam

JEFF HODSON
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One of B.C.'s biggest stars ended her public feud with fast-food giant KFC in Vancouver yesterday.

Pamela Anderson rolled up to a KFC on Davie Street just after noon yesterday to mark the end of a Canadian campaign against KFC by the People for Ethical Treatment of Animals (PETA).

"The colonel would be pleased to have Pamela Anderson support his new faux-fried chicken sandwich," said PETA campaigner Nicole Matthews.

Wearing large dark sunglasses and a black PETA T-shirt, the 41-year-old actress stepped out of a black SUV and greeted fans and curious onlookers. Amid a swarm of cameras, she marched into the restaurant, ordered a faux-chicken vegetarian sandwich and wolfed it down on the sidewalk while giving photogra-

Elsewhere

- PETA's campaign against KFC continues around the world and in the U.S.

phers the thumbs up.

Anderson, who was born in Ladysmith and discovered at a B.C. Lions game, has been among those attacking the fast food restaurant for the past five years over the way its chickens are farmed and slaughtered.

Anderson even narrated a PETA documentary about the chickens' treatment.

However, over the past couple months, KFC (in Canada) has worked with PETA to improve the welfare of birds, including changing the way chickens are killed — using inert gas to render them unconscious instead of slitting their throats while still awake.

Share your thoughts »

vancouverletters@metronews.ca



Premier Gordon Campbell enjoys a taste of cake as Prime Minister Stephen Harper looks on.

Musicians, politicians mark B.C.'s big 150

PARTIES British Columbia's 150th birthday was celebrated with parties around the province yesterday, including a concert in Victoria featuring homegrown musicians Feist, Sarah McLachlan, Colin James and Burton Cummings.

Prime Minister Stephen Harper joined Premier Gordon Campbell at noon to

kick off the events outside the legislature.

"As a Westerner myself, I have always admired the contributions British Columbians made to our region and to our country," Harper said. "Our success as a country will be forever linked with the optimism, ideas and energy of the people who call British Co-

lumbia home."

In Vancouver, Granville Island hosted the Art On The Street Festival, with a focus on arts and culture unique to B.C. Events included glass blowing, silk weaving and paper making demonstrations, saké-making workshop, and Aboriginal and Chinese dancers.

KRISTEN THOMPSON/METRO VANCOUVER

News in brief

TRANSIT TransLink has announced its strategy for improving Metro Vancouver's transportation system over the next 30 years, including a 10-year plan that includes route expansions. Spokesman Ken Hardie said Transport 2040 focuses on six goals, including reducing greenhouse gas emissions and making transit safer.

SECURITY All SkyTrain station security cameras have now been upgraded to digital video, meaning footage will be available for up to a week, rather than the two-hour window police previously had to request video evidence after an assault. **METRO NEWS SERVICES**

metronews.ca

What's online today.

Read Allan Small's investment advice, a recap of the weekend's Lollapalooza music festival in Chicago, and reviews of the video games Overlord: Raising Hell and NCAA Football 09
Watch MetroTube of the Day — video you need to see
Play online Sudoku!

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Arrest

Man dies after swallowing coke

BAG A man who was arrested for a traffic violation in Surrey died after swallowing a bag of rock cocaine, CBC News Online reports. RCMP said Brandon Whitelaw, 22, was having difficulty breathing after being handcuffed. Paramedics found the drugs in his airway and took him to hospital where he died. **METRO NEWS SERVICES**

Ransom loot from '71 hijacking believed held in Vancouver bank

KRISTEN THOMPSON
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A hijacker who jumped out of a plane above Seattle in 1971 with \$200,000 of ransom money and then disappeared might have his loot stashed in a Vancouver bank.

Galen Cook, a Washington lawyer, said he believes

the thief, known as D.B. Cooper, was actually a college instructor from Utah named William Gossett, who died in 2004 at 73.

Cook said he believes that money is still locked in a safety deposit box here, CBC News reports.

Gossett's son said his father admitted to being the hijacker and showed him keys to the deposit box.

Cook added that an FBI composite sketch of Cooper is identical to a 1971 photo of Gossett.

He said he thinks he knows which bank holds the safety deposit box and is working with the manager to find out for certain.

Share your thoughts »

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Survivor texts crash location

JOYCE YIP
for Metro Vancouver

More crashes

- There were two other plane crashes in B.C. on Sunday.
- A plane in Pitt Meadows carrying eight skydivers had to crash-land in a nearby blueberry field after pilots discovered engine problems. Two people were hospitalized.
- Two people had to be rescued near Williams Lake after their plane was forced to make an emergency landing.

The survivor of a plane crash in northern Vancouver Island had to climb a hill to send a text-message asking for help.

Bob Pomponio and another unnamed passenger were the only survivors after their plane went down near Port Hardy at 7:25 p.m. on Sunday.

A fire broke out aboard the plane before it crashed, killing the pilot and four other passengers before exploding. The plane is believed to have gone down due to a stall.

Pomponio, who suffered some soft tissue injuries, said he had to climb a hill so he could text a friend

with the location of the crash. Rescue teams arrived several hours later.

Pomponio told CBC News Online he was disappointed with his wireless provider, Telus, for sending him promotional text messages while he was trying to reach his friend for help.

Son charged with lighting mother, 78, and dog on fire

An elderly woman is in critical condition at Vancouver General Hospital after being doused with gasoline and set on fire.

The 78-year-old woman, whose name hasn't been released, and her dog were allegedly set on fire by her 51-year-old son in Clearwater on Friday.

She was flown to Vancouver where she is being treated for second- and third-degree burns on half her body.

The dog was put down. The suspect will appear in a Kamloops court today for attempted murder and cruelty to animals.

KRISTEN THOMPSON/METRO VANCOUVER

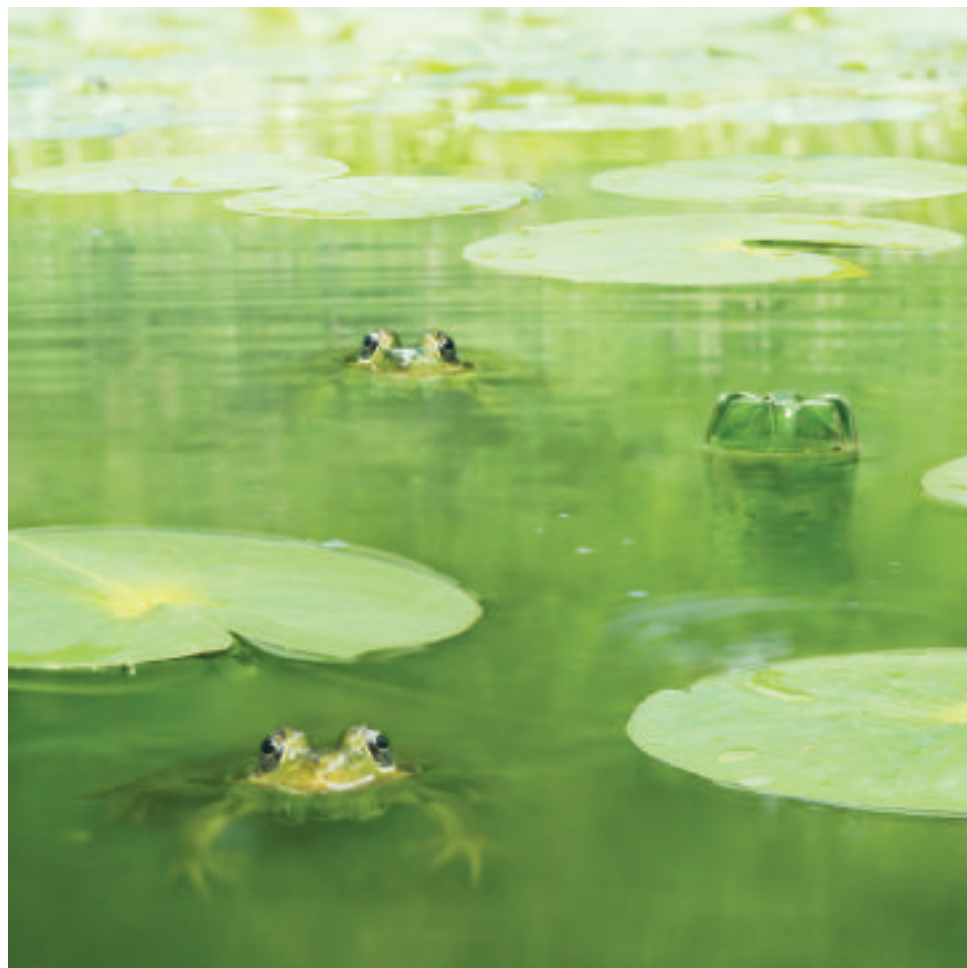
News in brief

ASSAULT A 44-year-old woman has been arrested after allegedly assaulting random people near Broadway and Prince Albert street, news11-30.com reports. When police arrived, a woman was screaming and had blood on her hands. She allegedly then bit and scratched an officer.

ORDER A Vancouver man has been found guilty of contempt for ignoring a court injunction banning him from interfering

with construction of a Tsawwassen transmission line, CBC News Online reports. Lloyd Blair Chancey was told further breach will result in jail time.

FLOOD A Vancouver couple has returned from a holiday to find vandals flooded their home, CBC News Online reports. A garden hose was shoved in the mail slot and left on for a day. The water collapsed the ceiling and some walls in their basement. **METRO NEWS SERVICES**



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HIV treatments just as effective on drug addicts: Study

Drug abusers benefit just as much from HIV drugs as people who are infected sexually or some other way, Canadian researchers reported Sunday. Their findings contradict widespread worry that drug abusers cannot stick to treatment. In many places, drug users are less likely to be prescribed the lifesaving drugs. **REUTERS**

5

Canada

"The woman and the child had been stuck in the car and the car ran away in the water."

Sgt. Marc Butz of Quebec provincial police speaking about the search for a woman whose car plunged into a lake. Her son was found dead.



Drowning

Witnesses said the car went into the lake from a washed-out section of road in Quebec's eastern Témiscouata region.

CBC NEWS ONLINE

Sikh leaders reject apology

Say PM's comments not enough

JOYCE YIP
for Metro Vancouver



Sikh community leaders say the apology made in Surrey by Prime Minister Stephen Harper for the Komagata Maru incident wasn't enough.

Harper apologized to a crowd of about 8,000 people on Sunday for the 1914 incident, where hundreds of would-be Indian refugees were turned away after arriving at the Vancouver harbour. The Komagata Maru eventually sailed back to Calcutta, where 20 people were killed and others were jailed.

Other apologies

- On June 11, Harper apologized to aboriginals who suffered abuse decades ago at Canadian residential schools, calling it "an important evolution in Canada's relationship with our first peoples."
- In 2006, Harper issued a full apology to the Chinese-Canadian community for the head tax. He offered compensation to families of the head tax.

The Sikh community is asking for a full apology from Parliament, but Secretary of State Jason Kenney said the apology has been given and won't be repeated.

Ottawa Rideau Canal Festival



Re-enactors depicting the Royal Sappers and Miners, the engineers who directed construction of the Rideau Canal, walk across the locks where the canal flows into the Ottawa River yesterday during the closing day of the Rideau Canal Festival, which coincided with Colonel By Day in Ottawa.

Accused on suicide watch

JEFF CUMMINGS
Metro Canada



BEHEADING A 40-year-old Edmonton man accused of repeatedly stabbing and beheading 22-year-old Winnipegger Tim McLean in a Greyhound bus remains on suicide watch, says an employee at the Winnipeg Remand Centre.

During a brief phone interview with Metro yesterday, the employee said Vince Li has been moved into the centre's segregation unit and is currently

being watched by five guards.

"That's all I can say at this point," said the employee who wanted to remain anonymous.

The victim, Tim McLean Jr., was scheduled to work at the PNE this month and according to a friend was planning to move to Vancouver. Witnesses said McLean was sleeping when he was stabbed in the neck and chest with a hunting knife, before being beheaded. Li had no previous history with police and is expected in court today.

News in brief

CUBAN DEFECTORS Three Cuban baseball players defected last week during a junior tournament in Canada, former Cuban leader Fidel Castro said ridiculing the players and Edmonton in an Internet column this weekend.

QUEBEC FLOODS Provincial cabinet ministers toured flood-stricken areas of Quebec yesterday and promised the government would help those in need. Some areas received as much as 70 millimetres of rain.

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Oscar-winning U.S. actor Morgan Freeman was hospitalized in serious condition yesterday with a broken arm and other injuries after the car he was driving careened off a rural highway in Mississippi and rolled several times, authorities said. **REUTERS**

World/Business

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Edouard shuts Gulf refineries

STORM Tropical Storm Edouard disrupted shipping, cut refinery production and shut some offshore oil and natural gas output yesterday as it churned across the Gulf of Mexico toward landfall along the upper Texas Coast today.

REUTERS

Russia Author mourned



REUTERS/ALEXANDER NARUSOV

Children leave flowers at the gates to the house of Alexander Solzhenitsyn, an author critical of the tyranny of the Soviet rule, in the outskirts of Moscow. Solzhenitsyn died of heart failure late Sunday in his home outside Moscow at the age of 89.

Vitamin C may fight cancer: Study

HEALTH Vitamin C might be useful to treat cancer, according to a U.S. study published yesterday in which high doses of it greatly reduced the rate of tumour growth in mice.

The study by researchers at the U.S. government's National Institutes of Health involved injections of vitamin C.

REUTERS

News in brief

ENVIRONMENT An assessment for an IUCN "Red List" of endangered species released yesterday found that 48 per cent of the world's monkeys and apes are facing a worsening threat of extinction because of deforestation and hunting.

HIMALAYAS Rescuers have reached Marco Confortola, an Italian mountaineer who

refused to succumb to frostbite and exhaustion on K2 after 11 other climbers perished on the world's second-highest mountain, a Pakistani guide said yesterday.

HOSTAGES Hely Mejia Mendoza, a senior member of Colombia's FARC guerrillas has been charged for his role in the hostage-taking of three Americans who were rescued

last month in Colombia, the U.S. Justice Department said yesterday.

WEST BANK Israel drove 88 Palestinians allied to President Mahmoud Abbas to the West Bank yesterday, two days after they fled clashes with Hamas in Gaza that cemented the Islamist group's hold on the coastal enclave.

REUTERS

16 Chinese police dead in bomb attack

Soldiers ready for Olympics

Suspected Muslim separatists with homemade bombs killed 16 police in Western China yesterday, state media said, reporting one of the worst attacks by militants on Chinese soil just four days before the Olympics.

The attack, about 4,000 kilometres from the capital in the old Silk Road city of Kashgar, was a reminder of internal tensions in China, especially in its largely Muslim west.

Police had warned ethnic Uighur separatists were planning attacks in the run-up to the Games. They said they arrested two people for the attacks in Kashgar and said they were Uighurs.

China's President Hu Jintao told a meeting of the International Olympic Committee (IOC) the Games would display the desire of

Smog's return

• Beijing's pollution-fuelled haze was back yesterday after three rare blue-sky days, but authorities said air quality was fairly good. The Communist government says drastic measures — like ordering nearly two million of the city's cars off the road and closing smoke-belching factories — have helped.

the world's most populous country to join with the rest of the planet in "building a bright future."

About 100,000 police and soldiers are on standby ahead of Friday's opening ceremony, and security has been stepped up in Tiananmen Square, scene of the 1989 pro-democracy uprising, with all visitors' bags being screened.

REUTERS

Business

Active traders replace day traders of 1990s

DISCOUNT A growing number of Canadians are becoming "active traders," embracing volatile stock markets instead of shying away, say discount brokerages.

While active traders — those who buy or sell at least 10 times a month — make up only about three per cent of an estimated three million online accounts in Canada, they are responsible for about a third of trading volume.

Experts say recruits are getting on board because of vastly improved technology, a plethora of available research and sizeable fee reductions in recent months. Most brokerages slashed fees to less than \$10 a trade last fall.

TD Waterhouse, Canada's industry leader, says its retail trade volume is up nearly 35 per cent year over year based on data for the month of June.

TORSTAR NEWS SERVICE

In brief

PIPELINE TransCanada Corp. on Friday won Alaskan legislative approval to build and operate a huge pipeline to ship natural gas from the North Slope to U.S. markets. It estimates the cost at \$26 billion.

CARS Honda Motor Co. said its output of passenger cars will fall short of demand at least to March. It plans to move production of trucks from Ontario to Alabama to make room for more Civics in Canada. **REUTERS**

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business 7

Your Money

YOUR MONEY EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

At tax time, a hobby is just a hobby

In order to deduct expenses, you must be earning business income



A Metro reader wants to know if she can register as a business and deduct her photo equipment

Q I've worked in retail for more than four years. However, my passion is photography. This year, I spent more than \$3,000 on photographic equipment which I used extensively on my last vacation. My boyfriend suggests I register a business and deduct these as costs. Is that possible?

Teresa

A Expenses incurred for the purpose of earning business income may be deducted for tax purposes.

These would include such costs as advertising, office supplies, accounting and legal fees, auto expenses, material costs, etc.

A family trip to Disney and pictures with Mickey

"The act of registering a business in itself does not necessarily mean the entity qualifies as a business for tax purposes."

would not be deductible. Costs incurred in the enjoyment of an individual's hobby are not deductible for tax purposes.

The act of registering a business in itself does not necessarily mean the entity qualifies as a business for tax purposes.

Those who pursue activities such as art, music, photography, writing and the like as hobbies should be diligent that their activ-

ities are commercial in nature if they're going to claim expenses.

Proper books and records are essential in making legitimate claims.

Here are some factors the tax courts may use in determining if expenses are legitimate claims:

- Expenses incurred for earning income.
- Reasonable expectation of profit.
- Intention of individuals.

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

- Time devoted to business enterprise.
- Capital utilized.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcg@yahoo.ca.

InvestmentPerspective

Allan Small

Read this week's column at metronews.ca

Anticipating the joys of tax-free savings accounts

SmartCookies



smartcookies.com

\$5,000 As of Jan. 1, 2009, Canadians will be able to deposit up to \$5,000 each year into the new tax-free savings accounts introduced by the federal government.

We'll admit we did a little happy dance when we heard that the federal government will be offering tax-free savings accounts (TFSA) to taxpayers 18 years and older in 2009.

Let's be real — it's not every day our government introduces a new tax savings vehicle.

You can be sure that we'll be some of the first in line to register and we think you should be too.

With the introduction of tax-free savings accounts, the government hopes to motivate Canadians to contribute towards their savings.

As of January 1, 2009, Canadians will be able to deposit up to \$5,000 each year into these new tax-free savings accounts.

The accounts will enable individuals to save for future investments, perhaps a new home, car or child's

education, and earn interest on these funds without being taxed on the earnings.

Similar to an RRSP, unused savings contributions can be carried forward to the next year.

So if you don't contribute \$5,000 one year, you can contribute more than \$5,000 the next year.

And, unlike an RRSP, Canadians will not be penalized for withdrawals.

In fact, withdrawing funds will create space for future contributions — we love it!

We became even more excited when we started crunching the numbers and worked out the potential tax savings.

Because the interest in-

come earned within a TFSA will not be taxed, a Smart Cookie contributing \$200 a month to a TFSA for 20 years will accumulate about \$11,045 more in savings than if the investment had been made in a taxable savings account.

We're sure you could find creative ways to put \$11,000 to good use.

Already a number of major Canadian banks are gearing up to offer these tax-free savings accounts.

For example, ING Direct,

one of our favorite institutions for GICs and high interest accounts, has begun promoting the top 10 benefits of the tax-free savings account.

So if you weren't motivated to save

before, you have less than six months to get ready to save and invest in a bright new future. As our friends at ING say, there's no such thing as savers' remorse.

"Unlike an RRSP, Canadians will not be penalized for withdrawals. In fact, withdrawing funds will create space for future contributions — we love it!"

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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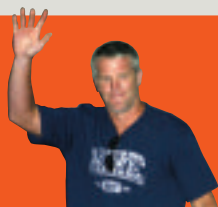
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FUTURE

Boston Red Sox left-hander Jon Lester was named the American League's Pitcher of the Month for July, posting a 3-0 record with a 2.05 earned run average. For the season, Lester is 10-3 with a 3.14 ERA and 101 strikeouts in 146 1/3 frames. **METRO NEWS SERVICES**

Sports

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA



Favre reinstated, back with Packers

The NFL officially reinstated veteran quarterback Brett Favre, left, yesterday, clearing the way for his return to the Green Bay Packers. NFL commissioner Roger Goodell's announcement ended constant media speculation on the 38-year-old's playing status after he had retired earlier this year. Meanwhile Goodell has completed his review of tampering charges levied by the Green Bay Packers against the Minnesota Vikings involving quarterback Favre and said no league rules were violated.

B.C. Sports in brief

CFL After a two-week absence, diminutive tailback Stefan Logan will start in place of Joe Smith for the BC Lions this Friday against the Edmonton Eskimos. As for receiver Geroy Simon, he will decide today whether or not his injured hamstring will allow him to play.

SOCCER The Vancouver Whitecaps wrap up a four-game road trip tonight in Atlanta. The 'Caps picked up wins in the first two games, but fell 2-0 to the Charleston Battery on Sunday. A victory tonight would put Vancouver alone in first place.

SCOTT RINTOUL/METRO VANCOUVER

Don't expect a golden Games

YorkReport

Marty York

marty.york@metronews.ca

With apologies to world-champion kayaker Adam van Koeverden, and perhaps a few others in this country, there will be no gold medals for Canadians at the coming Olympics in Beijing.

So says Daniel K. N. Johnson, an economics professor from B.C. who devised a formula in 1999 that has enabled him to forecast with uncanny accuracy how countries will fare at the Olympics.

Johnson is predicting Canada will finish 16th in Beijing. Before the Athens Olympics in 2004, he pre-

dicted the United States would win 103 medals, including 37 golds. The U.S. team wound up with exactly 103 medals, 35 of which were gold. His formula's overall medal accuracy exceeds 94 per cent.

Johnson, who teaches at Colorado College, uses a formula that considers per capita income, population, climate, political structure and home-nation advantage.

"We use no information about athletes, about their training programs, about how they've done in previous games," Johnson said. "It's just pure economics."

His formula's success rate has beaten "every bookie on the market," he said. "It's beaten Sports Illustrated and all the Olympic committees, national and international. It surprises even us that such a simple model

performs so very well."

• Ron Lancaster was a great CFL quarterback but he also smoked a lot and, sadly, we're told he's battling lung cancer. He personally asked former Tiger-Cat assistant coach John Salavantis to replace him recently as Hamilton's radio analyst ... Speaking of the Ticats, don't be surprised if Charlie Taaffe is replaced as their head coach if his team loses to the Toronto Argonauts Thursday ... And don't be surprised also if Doug Berry is out as the Blue Bombers' head coach if Winnipeg loses to the Montreal Alouettes Friday. ... Both Hamilton and Winnipeg are three-point underdogs at home this week ... And how the heck did referee Jake Ireland make yet another blunder by believing Calgary linebacker Jojuan Armour deliberately

knocked down an umpire early in the Stampeders' loss Saturday? How could Ireland eject Armour? Isn't it time for the CFL to eject Ireland? Permanently?

• ESPN's E.J. Hradek on the Vancouver Canucks: "They're going nowhere. (New general manager) Mike Gillis doesn't know what he's doing."

• Rogers Sportsnet's and CBC's Rance Mulliniks on ex-superstar Carl Yastrzemski: "He literally carried the Boston Red Sox on his back in 1967."

Literally? Man, they must have been heavy.

When will the networks pull the plug on Mulliniks? He's almost as embarrassing to them as Ireland is to the CFL.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Toronto 6 Oakland 1
Cleveland 5 Tampa Bay 2
Kansas City 4 Boston 3
Texas 9 NY Yankees 5
L.A. Angels 6 Baltimore 5
Seattle 11 Minnesota 6
NATIONAL LEAGUE
Cincinnati 6 Milwaukee 3
Washington 9 Colorado 4
Houston 2 Chicago Cubs 0
Arizona 13 Pittsburgh 7
San Francisco 4 Atlanta 2

CFL

WEEK 6

FRIDAY'S RESULT

Toronto 19 Winnipeg 11

SATURDAY'S RESULT

Saskatchewan 22 Calgary 21

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS

MEN'S TEAM:

TODAY'S GAME

VANCOUVER at Atlanta, 4:55

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:

LAST NIGHT'S RESULT

Everett 6 VANCOUVER 4

TONIGHT'S GAME

VANCOUVER at Everett, 7:05

LOTTERIES

Friday, August 1, 2008

Lotto Super 7 1, 14, 24, 26, 31, 36 & 45. Bonus 13.
Extra 10, 32, 33, 61.

Saturday, August 2, 2008

Lotto 6/49 2, 9, 26, 44, 47 & 49. Bonus 34.
B.C. 49 15, 19, 24, 39, 45 & 49. Bonus 44.
Extra 8, 15, 27, 46.
Results not official

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Women's soccer team takes to the field

The Canadian women's soccer team take on Argentina at 2 a.m. tomorrow to open their medal bid. **METRO NEWS SERVICES**

sports **9**

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Hayden eyes medal

B.C. swimmer hoping to make a splash

MARTY YORK
Metro Canada



Only one Canadian, we're told, has any shot whatsoever of making a big splash in the swimming pool at the Olympic Games in Beijing.

He's a world champion — Brent Hayden of Mission, B.C. — but, frankly, we can't even be overly optimistic about his chances.

"He should make the final," says Byron MacDonald, CBC's swimming analyst, "but I don't think he'll reach the podium."

So how can a 24-year-old world champion in the prime of his career not be a medal favourite?

Well, first, let's clarify: Hayden is the world's co-

champion, because he and Italy's Filippo Magnini were co-winners of the men's 100-metre freestyle race during last season's world championships. Second, Hayden's best time of 48.30 would only place him ninth in the world at this point. And, third, Hayden suffered a back injury, which has slowed him down — at least a bit.

And you wouldn't believe how he was hurt. It wasn't in a pool or in a gym; it happened while he was modelling.

"All the hours of posing," he said. "The back just tightened up on me."

While he still competed at the Canadian Olympic trials in April and won his 100-metre freestyle race, Hayden was rushed after-

ward to hospital, where tests revealed a small, nerve-touching bulge in a lower-back disk.

Training has been difficult for him since, but he insists he's ready for the Olympics. Even his asthma doesn't discourage him: "There'll be no excuses," he said. "I'm going for gold."

As soon as he got gold at the 2007 world championships in Australia, Hayden became recognized as the one Canadian swimmer with a legitimate chance to earn an individual medal in Beijing. He is also a podium threat with the rest of the men's 4x200-metre freestyle team.

The pressure's on, but "my relaxed attitude keeps me grounded," he said. "I want to win a medal and



World champion swimmer Brent Hayden, of Mission, B.C.

I'm not worried about what other people expect." Hayden has overcome adversity before.

Shortly before his accomplishments in Australia, his grandfather died.

"It was really hard trying not to cry in my interviews because I knew I wasn't going to see him when I got home," he said.

And shortly after swimming in the Olympics in Athens four years ago, Hay-

den inadvertently walked into a street demonstration while out on the town and wound up being beaten by Greek police officers.

"I saw a psychologist because of that," he said. "It took me months to get over it."

"When I tried to get back into training, I'd have mental breakdowns and would start crying."

He hopes to be crying tears of joy in Beijing.

Tennis federation not happy with IOC

DECISION The International Tennis Federation is not pleased about a decision rendered by the Court of Arbitration for Sport ruling that German tennis player Rainer Schuettler will be allowed to compete in Beijing. Schuettler did not meet the ITF's criteria but was named over another player who did. The ITF said the decision could jeopardize its role in future Games.

METRO NEWS SERVICES

Tomorrow's lineup

NO EXCUSES Unlike past flag-bearing athletes, Adam van Koeverden isn't suggesting carrying his country's colours will be detrimental to his success. Pick up tomorrow's Metro for more.

3 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

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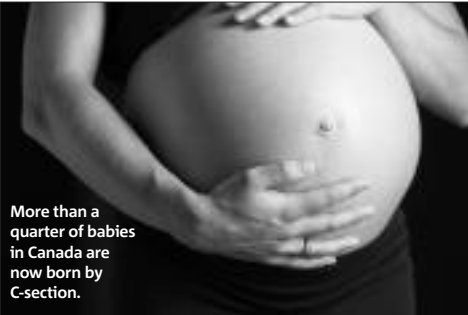
Increased stroke risk

Non-smokers married to smokers have a greatly increased chance of having strokes, according to a U.S. study published last week showing yet another hazard from second-hand smoke. Being married to a smoker raised the stroke risk by 42 per cent in people who have never smoked compared to those married to someone who never smoked, the researchers said.

REUTERS

HEALTH EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

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More than a quarter of babies in Canada are now born by C-section.

A convenient birth

CELIA MILNE
for Metro Canada

**Put it in your calendar.
Wednesday at 9:30 a.m.:
Give Birth.**

More than a quarter of babies in Canada are now born by C-section. This rate is higher than ever before, and rising, warn members of the Society of Obstetricians and Gynecologists of Canada.

Part of the reason for this trend may be women and their doctors wanting birth to be scheduled and convenient. Many of the caesarean sections are unnecessary, and carry excess risk for women and their babies, as well as placing an extra burden on an already-overwhelmed system.

"We fear that there may

be an emerging trend towards more scheduled childbirth and routine intervention," Dr. Guylaine Lefebvre, president of the SOGC, said in a statement. "We need to be sure that C-sections are not driven by convenience, that interventions are medically indicated, and that the safety of a woman and her baby are the driving factors in these decisions."

For low-risk births, C-sections are more risky than vaginal births. Rare but possible complications include infection, bleeding, scarring, chronic pelvic pain and damage to the intestines and bladder. They also increase the likelihood of needing a caesarean in subsequent pregnancies.

Going gets rough

Summertime can increase urinary tract infections

CELIA MILNE
for Metro Canada



Do you feel like you have to pee all the time? You're certainly not alone. You may have a bladder infection or an infection in another part of your urinary tract (urethra, ureters or kidneys).

Urinary tract infections are a common problem in women, and may be more prevalent in the summer.

"UTIs can arise if you're dehydrated, and there is definitely more dehydration in the summer months," says Dr. Dan Ezekiel, a family doctor in Vancouver. These infections often occur in women after sex and "maybe there is more sex going on in the summer," surmises Dr. Ezekiel.

Signs of a UTI are: burning sensation when you pee; needing to go pee often; feeling the urge to urinate even when you don't need to; leaking urine; blood in the urine; fever; feeling sick. If you have these signs, you should see a doctor, who can treat the infection with antibiotics and also rule out a more serious illness.

The best way to prevent

Prevention Tips

Other tips, adapted from the College of Family Physicians of Canada website, include:

- Don't hold your urine; go to the bathroom as soon as you need to.
- After a bowel movement, wipe from front to back, as infection can spread from the anus to the urethra.
- Go pee right after having sex, to help wash away bacteria.
- Try using a water-based lubricant, such as K-Y Jelly, during sex.
- Women who use a diaphragm are more susceptible to UTIs, so try a different method of birth control.

CELIA MILNE/FOR METRO CANADA

UTIs is to drink plenty of fluids, as they will help flush away the infection. Cranberry juice — especially the unsweetened kind found in health food stores — is useful in helping prevent these infections. Dr. Ezekiel also suggests cleaning your genital area well and/or douching after having intercourse.



Two ways to prevent urinary tract infections are to drink plenty of fluids and to avoid holding your urine.

Help is just a nail file and bottle of polish away

've never understood paying a psychiatrist to explain what's wrong with me. I have relatives who'll do that for free.

But, if I'm feeling a little down I do spend an hour with a trained professional — Marni, my manicurist. When you're in Marni's chair, the only thing that might be blue is your polish.

Marni:

"I dunno. Men. You can't live with them, you can't push them in front of a train. Ask my aunt. I told my fiancé I'm not going to work once we get married. Just sit home all day. You know what he said? 'That's OK by me, honey.'"

"What's that about? I'd go crazy staying in that apartment. I said, 'I have to get out, you know. Women

need to work too.' And he said, 'If you want to work, that's OK.' What am I supposed to do with that? He

keeps changing his mind. Stick out your tongue. Oh that's bad. I read an article. You're not eating enough liver. Or too much. One or the other. I've got a recipe. Put a chicken liver in a pan with the claws and beak and everything. You know, like usual.

"Add mugwort. Whatever kind you got, you don't need the fancy type. Cook it over low, medium low, high heat. Take that look right out of your tongue. And, if you got any left, you can use it to clean your countertop. Works perfect. "What colour you want

today? Not pink. You're a Leo. Pink isn't good for Leos. If you were Gemini you could have pink, no

problem. For Leo, wearing pink saps your power. I read an article. Orange. That's your power colour. Makes you

virile. Or maybe agile. Either way it's good, eh? "My fiancé is giving me trouble. Keeps wanting to get married. I said we'll get married when we've been together a little longer. So far? Eight years. I don't want to rush into anything, you know? Today marriages last 22 years. I read an article. So, we get married when we're sixty, then

HineSight

Anne Hines



no divorce.

"Who's got the energy to get divorced when they're eighty-two? I mean besides my aunt, but she ate a ton of liver, you know?"

"OK, all done. Next time we'll do a pedicure. Women who get pedicures never have depression. It's true. I read an article."

And you know what? I believe her.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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Keane achieves Perfect Symmetry

Keane have announced details of their new album. The trio said it has experimented on Perfect Symmetry, the band's third studio LP. It's due out Oct. 13. **ANANOVA.COM**

11

Entertainment

**Thriller**

Nicolas Cage, left, and director John Carpenter are to team up for a prison thriller, *Scared Straight*. Filming is to start in October.

Ananova.com

ENTERTAINMENT EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Applegate fighting cancer

Actress Christina Applegate, famed for playing the ditzzy daughter Kelly Bundy on television comedy *Married ... With Children*, is fighting breast cancer, but is expected to make a full recovery, her spokeswoman said the weekend.

Applegate, 36, was diagnosed with cancer during a regular MRI, spokeswoman Ame Van Iden said in an email.

"Christina is following the recommended treatment of her doctors and will have a full recovery," Van Iden said.

Applegate, whose mother, Nancy Priddy, battled both breast cancer and cervical cancer, has been an advocate for breast cancer research.

She rose to fame in the

"Christina is following the recommended treatment of her doctors and will have a full recovery."

Ame Van Iden, spokeswoman

1980s on *Married ... With Children*, won an Emmy for a guest role as Jennifer Aniston's sister on *Friends*, and now plays an amnesiac in her own television sitcom, *Samantha Who?*

Applegate's cancer diagnosis was reported earlier by the Hollywood gossip TV show *Extra*.



Christina Applegate was diagnosed with breast cancer, but is expected to make a full recovery.

REUTERS

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to studio estimates:

1 The Dark Knight:
\$43.8 million US

2 The Mummy: Tomb of the Dragon Emperor:
\$42.5 million

3 Step Brothers:
\$16.3 million

4 Mamma Mia!:
\$13.1 million

5 Journey to the Center of the Earth: \$6.9 million

6 Swing Vote:
\$6.3 million

7 Hancock:
\$5.2 million

8 WALL-E:
\$4.7 million

9 The X-Files: I Want to Believe: \$3.4 million

10 Space Chimps: \$2.8 million **REUTERS**

Snow defends arrested Blonsky

PEOPLE Nikki Blonsky's friend and *Hairspray* costar Brittany Snow is taken aback at the news of Blonsky's arrest for alleged assault, *People.com* reports. "I really hope the best for her, ... she's one of the

sweetest girls I've ever met."

Blonsky, 19, and her dad were arrested after a brawl with America's Next Top Model contestant Bianca Golden's family. Golden was also charged with assault. **METRO NEWS SERVICES**

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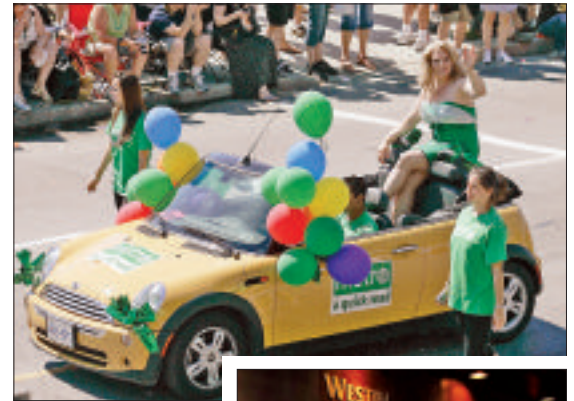
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The Princess Diaries co-star Heather Matarazzo is engaged to Carolyn Murphy, whom she has been dating for more than a year. No wedding date has been announced. STARMAGAZINE.COM



ABOVE: A giant Pride flag is carried through the Westend during the Pride Parade on Sunday.



ABOVE: Metro columnist Enza Supermodel greets the crowds along the Pride parade route Sunday afternoon. RIGHT: Guest experience manager Gina Brown, left, welcomes Enza to The Westin Grand Vancouver.



Taking Pride

JOYCE YIP
for Metro Canada

More than half a million people — the most ever — lined downtown streets to watch Vancouver's Pride Parade. The annual event — the largest one-day celebration in Vancouver — drew

around 530,000 people.

That's almost 150,000 more than last year's participants. Sunday's parade, which was organized by the Vancouver Pride Society (VPS), featured 164 floats and went from Robson and Thurlow streets to Sunset Beach. John Boychuck, president of VPS, said the day went better than expected. "We were thrilled that by 1 p.m. people were

packed and that the entertainers were just belting it out," he said.

"Out of the half-a-million people, there were fewer than six calls for assistance."

Boychuck added that VPS will be asking for a longer route for the 2010 parade to accommodate the event's growing popularity.



ABOVE: Paparazzi Nightclub owners Attila Bassett and Helina Kinnersley take in the Big Night Out Davie Street Dance Party. RIGHT: Dancers gyrate to the heavy beat of techno music aboard the Odyssey Nightclub's float. BELOW: Drag queens Betty and Betty get cheeky with pride parade participants.



ABOVE: Pride Parade 2008 co-marshal Gilbert Baker, designer of the rainbow flag, shows his colours during the Pride Parade Sunday. LEFT: Vision Vancouver mayoral candidate Gregor Robertson shows off his moves on a pair of roller skates.

Film festival

Pop singer Madonna presented I Am Because We Are, her documentary about Malawi orphans, at Michael Moore's Traverse City film festival in her home state of Michigan on Saturday. **BBC NEWS ONLINE**



Going Out

7 p.m. Canadian indie singer Feist performs live. At Deer Lake Park, 6450 Deer Lake Ave. Tix: \$49.50 plus service charges. deerlakepark.org

8 p.m. King Lear. At Bard on the Beach, 301-601 Cambie St. Tix: \$33. bardonthebeach.org.

8 p.m. Persian, Sephardic, Iberian and French musical Ay!! Amor...At the UBC Recital Hall, 6361 Memorial Rd. Tix: \$27-30. earlymusic.bc.ca

8 p.m. Vancouver opera orchestra Festival Vancouver: Gala Opera Evening. At Orpheum Theatre, 884 Granville St. Tix: \$28.50 - 93.25. vancouver.ca/theatres

9 p.m. DJ Tanner spins Top 40, hip hop, R&B and dance. At The Plaza Club, 881 Granville St. Tix: free. plazacub.net

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Tracking the Madness

MAD ALL OVER (AGAIN):

The only time my vacation felt like exile was when I realized I'd be missing the season two premiere of AMC's Mad Men. Thankfully, this is 2008, not 1962, and the magic of the internet will solve almost anything, though thanks to two weeks in the Nova Scotia countryside meant that I'd missed the final, fever pitch of the US\$8 million dollar promotional campaign AMC put behind the show.

It apparently paid off, with nearly two million viewers tuning in for the return of Don Draper and the men and women of Sterling Cooper, though the numbers for Sunday's episode will tell how many new pairs of eyes Mad Men has retained.

For all the praise the show has received — and the critical consensus following the season debut was almost universally agog — it has to be remem-

bered that Mad Men's numbers are still a fraction of, say, the average audience for an episode of House. While the show's viewers are largely part of a demographic that advertisers crave — adult professionals earning more than \$100k a year — it remains to be seen whether simple economics might see the show succeed itself right off the schedule, proving itself a luxury, not an asset, for AMC.

In the meantime, the show has become a cultural event, influencing fashion — Michael Kors new line is openly influenced by the styles of the pre-Beatles early '60s, and department stores are scouring rental houses for Eames chairs and Herman Miller office furniture for their Mad Men windows — while the prominent placement of a book of poetry by Frank O'Hara rocketed the book thousands of spots up on

amazon.com.

Disappointment is my constant friend, but I can't say that creator Mark Weiner, the show's cast and writers have lapsed into complacency with the season's first two episodes.

The men of Mad Men haven't proved to be as fascinating overall, though Paul Kinsey's beard is clearly a harbinger of coming social turmoil. Still a brooding cipher despite the revelations of the first season, the show's nominal protagonist, Jon Hamm's Draper, doesn't have much to offer so far besides some incipient health problems.

By Sunday's episode, Vincent Kartheiser's oily, opportunistic Pete was yielding more abundant dramatic dividends, and it's hard to imagine him receding into the background, especially since he's one of the few employees of Sterling Cooper who, to quote Bob Dylan, doesn't need a weatherman to know which way the wind is blowing.

Rick McGinnis writes about music, movies, books and television, but not opera.

IntelleVision

Rick McGinnis

rick.mcginis@metronews.ca

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255	358	9	CH	El News	The Insider	Real Housewives	Mandarin News	Simple Life	Kardashians	Pam	Sunset Tan	News (N)
254	-	9	M	Law & Order: SVU				Cantonese News (N)		Punjabi News (in Punjabi N)	The Simpsons	
250	321	9	CTV	eTalk (CC)	Hollywood	Canadian Idol	Robson Arms	Criminal Minds (CC)		Without a Trace (CC)	News (N)	
-	00	00	00	OMN	According-Jim	George Lopez	Happy Days	Darling Buds of May		The Daily	Diya (CC)	New Day
252	336	9	CTV	Entertainment	ET Canada	Wipeout (N) (CC)		Big Brother 10 (N) (CC)		In Plain Sight (CC)	News (N)	
256	389	9	VI	Degrassi	Friends (CC)	Celebrity Family Feud (CC)		America's Got Talent (N) (CC)			News (N)	
253	359	9	CITY	Wheel-Fortune	Jeopardy!	Hell's Kitchen		(01) I Survived a Japanese Game Show (Season Finale) (N)		Reaper "Coming to Grips"	Seinfeld	Fraser (CC)
-	00	00	00	00	00	00	00	00	00	00	00	00
289	381	9	CBS	Evening Mag.	Inside Edition	Celebrity Family Feud (CC)		America's Got Talent (N) (CC)		Without a Trace (CC)	News (N)	
287	379	9	NBC	W	Will & Grace	Friends (CC)	Maxed Out	Style by Jory		How to Look Good Naked	Maxed Out	
602	568	9	W	W	Will & Grace	Friends (CC)	Maxed Out	Style by Jory		How to Look Good Naked	Maxed Out	
288	380	9	ABC	Wheel-Fortune	Jeopardy!	Wipeout (N) (CC)		(01) I Survived a Japanese Game Show (Season Finale) (N)		Cheers (CC)	Seinfeld	
-	00	00	00	00	00	00	00	00	00	00	00	00
291	383	9	PBS	Stevens Europe	Rudy Maxa	Nova "Dimming Sun"		Wide Angle "18 With a Bullet"		P.O.V. (N) (CC)		
290	382	9	FOX	Two/Half Men	Two/Half Men	Kitchen Nightmares (CC)		House "Don't Ever Change"		News (N) (CC)	Family Guy	
-	364	9	PBS	Wide Angle	Campaign TV	Office Gossip	The Savages	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Dimming Sun"	
296	654	9	SBK	Fraser (CC)	Fraser (CC)	Cheers (CC)	South Park	Comics Unl	Half & Half	Entertainment	The Insider	Paid Program
298	663	9	TLA	Two/Half Men	Two/Half Men	Beauty and the Geek (CC)		Reaper "Coming to Grips"		KTLA Prime News (CC)	Friends (CC)	
295	651	9	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
297	652	9	WXP	CW11 News at Ten	Two/Half Men	Friends (CC)		Sex and-City	Will & Grace	George Lopez	George Lopez	Odd Couple
199	311	9	STR	News (N)	News	Late Show-Letterman		(37) Fear Itself	"Eater" (CC)	Late Late Show		
502	390	9	NW	A Whale of a Tale		CBC News: The National (N)		CBC News: The National		A Whale of a Tale	National	
500	500	9	CNN	Anderson Cooper 360 (CC)		Larry King Live		Anderson Cooper 360 (CC)		Cooper 360	Cooper 360	
407	419	9	RSP	MLB Baseball Minnesota Twins at Seattle Mariners. From Safeco Field in Seattle. (Live)		Off the Record		World Extreme Cagefighting (Taped) (CC)		Sportsnet Connected	Sportsnet	
400	400	9	TSN	SportsCentre (Live) (CC)		Don't Forget Your Passport		Survivorman (CC)		Score Update	Score Update	
411	457	9	OLN	Adventures	Strand-Peters	Pilot Guides (CC)		Score Update		SuperCars	SuperCars	
410	403	9	SCR	Score Tonight	To Be Announced			Score Update		Super Bikes!	Super Bikes!	
417	406	9	SC	Super Bikes!	Super Bikes!			Score Update		Go! TV News	Go! TV News	
416	409	9	GLF	(6:00) Fútbol				Score Update		Go! TV News	Go! TV News	
552	543	9	YTV	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach "The Video"	Mystery Hnt.	
555	545	9	TEL	George	Tom & Jerry	Tom & Jerry	6teen	Total Drama	Futurama	Beavis and Butt-head Do America *** (CC)		
557	541	9	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
553	546	9	TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
268	354	9	KNO	Gardens	Recreat. Eden	Peking to Paris Gobi desert.		Chasing the Tango High		Toten: The Return of the G'spogol Pole		
575	583	9	CMT	Home Imp.	Roseanne	CMT30 "Craven 2008"		Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
570	580	9	MM	Instant Star	Instant Star	Gone Wild	Gone Wild	So You Think You Can Dance		So You Think You Can Dance	TBA	
500	564	9	H&G	The Stagers	Green Force	Holmes on Homes (CC)		Dirty Business Outside		Colin & Justin's Home Heist	The Stagers	
515	520	9	A&E	The Cleaner "Chaos Theory"		The Cleaner "Chaos Theory"		The First 48 (CC)		The First 48 (CC)	The Cleaner	
628	584	9	SPKE	CSI: Crime Scene Invstgtn.		CSI: NY "On the Job" (CC)		CSI: Crime Scene Invstgtn.		Star Trek: Voyager (CC)	Deep Space 9	
521	560	9	TLC	Wear-Triple Thread		Dress	Reception	Must Love Kids		Wear-Triple Thread	What Not	
616	522	9	SHO	ReGenesis "Dust in the Wind"		Blue Murder "Burnham Hall"		Trailer Park	Kenny-Speny	CSI: NY (CC)	House "Spin"	
620	523	9	BVO	Live at the Rehearsal Hall		Law & Order "Barter" (CC)		Without a Trace (CC)		Entourage	Confessions-Pop Performer	
601	582	9	SLC	Plastic-Perfect	Matchmaker	Newlywed	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Trading Sp
520	505	9	DIS	Deadliest Catch (N)		Daily Planet "Goes North 2"		Mighty Ships Vehicle carrier.		Deadliest Catch	How It's Made	
522	506	9	HIS	NCIS "Model Behavior" (CC)		Hiroshima *** (1995) (Part 1 of 2) Lynne Adams. Premiere.		NCIS "Model Behavior" (CC)		NCIS "Model Behavior" (CC)	Crim Stories	
627	528	9	SPC	Battlestar Galactica (CC)		Stargate SG-1 "Death Knell"		Star Trek: Voyager "Parallax"		Star Trek: Enterprise (CC)	Star Trek Gen.	
294	650	9	TBS	The Office	The Office	My Boys	Sex and-City	Sex and-City	Ace Ventura: Pet Detective *** (1994) Jim Carrey. (CC)		Family Guy	
298	625	9	TROP	News Show	News Show	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Fraser (CC)	Family Guy
603	561	9	FN	Top Chef "Improv" (CC)		Restaurant Makeover (CC)		Iron Chef America (CC)		HEAT	HEAT	Top Chef
626	547	9	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Tom Green	Daily Show
320	621	9	CEN	(6:30) Pigs (2007) (CC)		Rocket Science *** (2007) Premiere.		(45) Autism: The Musical *** (2007) Documentary (CC)				
581	566	9	MTV	From G's to Gents (N) (CC)		MTV Live	Second Half	Living	Living	From G's to Gents (CC)	MTV Live	
261	394	9	V	Joji-H (DVS)		Mysterious Ways (CC)		Quantum Leap		Eyes Down	On the Buses	Paid Program
-	109	9	MUL	The Land	Daughters	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

Kitchen Nightmares
"Kids. I don't know what's wrong with these kids today ...". It's great when the next generation joins the family business, not so great when they're jerks. That's the dilemma faced in this episode by the owner of a restaurant on New York's Long Island, whose son, the head chef, is alienating staff and customers alike. Time for Gordon Ramsay to play family counselor as well as restaurant reformer ... and dish up some tough love. 8 PM on FOX



critics'corner

MythBusters
The color red aggravates male bovines? That's bull! And that's the myth that Tory Grant and Kari are testing at a local ranch. Is it the color that enrages a bull — or is it just the movement of the cloth that catches its eye? The always-not-so-bright Tory volunteers to dress in red and stand in a corral with a wandering bull to test the theory. 2 PM on DIS

Actors Brad Pitt and Angelina Jolie have shown off their month-old baby twins, Knox Leon and Vivienne Marcheline, for the first time in People magazine. The couple sold the rights to the first pictures to People for an estimated \$14 million US. IMDB.COM

Celebrity Buzz

Boy George talks about drug use

PEOPLE Boy George only quit drugs at the end of last year, femalefirst.co.uk reports.

The former Culture Club front man — who has revealed he used to be a heroin addict — says he spent much of the last five years taking illegal substances every day.

"I've been strung out on drugs for the last five years. But this time I'm clean for good. I don't want to die," he said. "I've spent five years in this chemical cloud. Getting clean at the end of 2007 was a very big thing. I was using half my

brain, half my personality on drugs. One day I took a little and then I was on four grams a day. Up until six months ago, I had a really bad problem."

The singer has now vowed to stay clean for good.

"A friend took me to a Narcotics Anonymous meeting and I was like an old f—ing man. I could barely walk I'd been using so much f—ing drugs," he added to Q magazine.

METRO NEWS SERVICES



ALL PHOTOS GETTY IMAGES

'Shifty' gives sobriety new shot

PEOPLE Crazytown front man Seth Binzer is having another go at sobriety after returning to the TV program Sober Living, imdb.com reports.

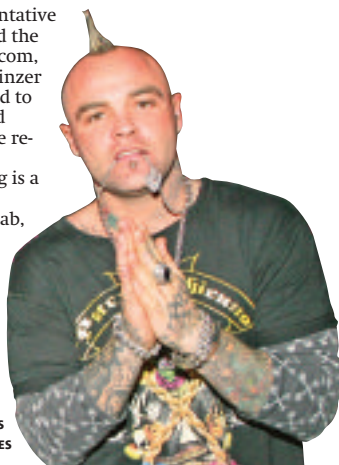
Late last month, the rocker walked out of the California mansion, where the show's contestants attempt to rebuild their lives without drink and drugs, and allegedly embarked on a heavy binge.

But Binzer — formerly known as Shifty Shellshock — has now re-entered the Sober Living house in an attempt to kick his habits once and for all.

His representative has confirmed the news to TMZ.com, adding that Binzer has apologized to his family and friends for the relapse.

Sober Living is a spinoff from Celebrity Rehab, which previously helped Binzer get clean with the assistance of addiction specialist Dr. Drew Pinsky.

METRO NEWS SERVICES



"This makes no sense at all..."

by Joe O'Neill

John Mayer helped make Jessica Simpson the woman she is today? OK, Jessica, I'm no therapist, but the first step in fixing what's broken is to stop pointing fingers at other and beginning to acknowledge your own personal responsibility in whatever disasters you have helped to create. This is true whether we're discussing your own life, or the Dukes of Hazzard movie.

Listen, I don't want to hear about Crazytown's front man getting clean and sober. I want my Crazytown in its original condition. Crazy! Like a town full of craziness. Listen up, Shifty Shellshock, there's a reason your band isn't called Well-Adjusted Village, or Level-headed Hamlet. Stay crazy, or lose me as a fan!

Pamela Anderson's ban on closeups is only a stop-gap measure. She has doctors working round the clock on perfecting the first "head transplant." Now if only she could find a donor. I wonder if they froze Jayne Mansfield's head? Could be a perfect match.

I pity Boy George. It's nice that he appears to have quit the junk, but inevitably someone's going to play his old Culture Club records for him. And that's more than anyone should be asked to endure without the aid of contraband substances.

NEWSDESK@METRONEWS.CA

celebrity brief

Jess knew she, John would split

RELATIONSHIPS Jessica Simpson always knew she would split up with John Mayer, because she felt destined to be with someone else, femalefirst.co.uk reports.

The pop star broke up with ex-husband Nick Lachey in 2005 after three years of marriage.

"I was going through a lot of pain," she tells the new issue of Elle magazine. "I didn't try anything to change my life

other than dating different types of guys and conforming to their worlds. I thought I had to be artsier, more intellectual ... John believed in the Jessica Simpson that's within. He cherished our love. He helped make me the woman I am today. John is going to be an amazing man for someone, but I know that I was supposed to be with someone else."

METRO NEWS SERVICES



Pamela puts kibosh on closeups

TELEVISION Pamela Anderson has banned close-up shots of her face during filming of her new reality show, femalefirst.co.uk reports.

The actress, 41, is starring in Pam: Girl

on the Loose.

"Producers have been informed she has to appear in only flattering lighting — and closeups on her face are apparently a no-no," a source said.

METRO NEWS SERVICES



Jake, Reese deny engagement

RELATIONSHIPS Reps for actors Reese Witherspoon and Jake Gyllenhaal are denying tabloid reports that the couple are engaged, People.com reports.

"They are not engaged, getting married or any of the reports," the reps said, calling the reports "lies."

Witherspoon, 32 and Gyllenhaal, 27, began quietly dating in April 2007. They recently were seen together in Paris with Witherspoon's kids.

METRO NEWS SERVICES



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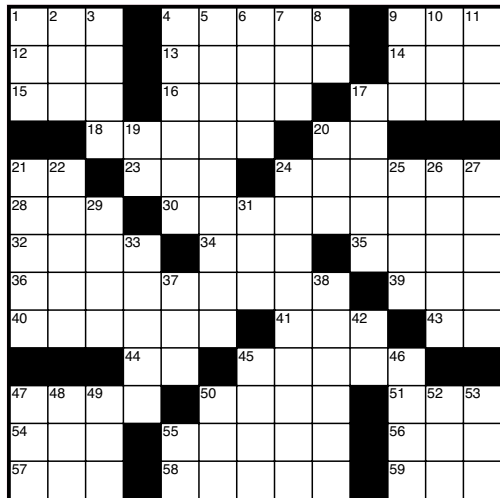


Bonet heading to Mars

Former *Cosby* Show star Lisa Bonet is joining the cast of ABC's adaptation of the time-tripping U.K. cop drama *Life on Mars*. She will play Jason O'Mara's present-day girlfriend. **EW.COM**

entertainment

Take Five



Crossword down

- 1 Palm off
- 2 Before
- 3 Tide type
- 4 Port near Pompeii
- 5 Popular analgesic
- 6 Eggy drinks
- 7 Roast beef au —
- 8 Love — first sight
- 9 News network
- 10 Coffee server
- 11 Philosopher — tzu
- 17 Pass a bill
- 19 Doubtful answer
- 20 Excessively
- 21 Quay
- 22 Larger
- 24 Einstein's continuum
- 25 Frog cousin
- 26 Ohio Indians
- 27 Comes unglued
- 29 Dog in Oz
- 31 Prince Valiant's eldest
- 33 Thingamajig
- 37 Co. honcho
- 38 Tied the score
- 42 Cartoonist — Capp
- 45 Madonna ex
- 46 Id companions
- 47 Ballgame stat
- 48 Pet shop sound
- 49 Putter's org.
- 50 Letter before sigma
- 52 Meadow browser
- 53 Kitty's plaint
- 55 Blvd.

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Crossword across

- 1 Quagmire
- 4 Shogun's warrior
- 9 — de-sac
- 12 Metal source
- 13 More or less
- 14 Brady Bill opposer
- 15 "Luck — Lady"
- 16 Jowly canines
- 17 Cato's year
- 18 Lurid novels
- 20 Six-pointer
- 21 Poet — Auden
- 23 Sea, to Yves
- 24 Rather
- 28 Lean-to
- 30 Ongoing melodrama (2 wds.)
- 32 Psyched up
- 34 Monastery dweller
- 35 Branch
- 36 Reserve
- 39 Jeans go-with
- 40 Icy
- 41 A Gabor sister
- 43 Boat prefix
- 44 Yr. fraction
- 45 Stone monument
- 47 Injection
- 50 Bridle part
- 51 Topaz or opal
- 54 Equip
- 55 Embarrass
- 56 Have a mortgage
- 57 Hot spring
- 58 Firmed up, as muscles
- 59 Do alterations

previous day's answer



This day in history

AUG. 5, 1305: William Wallace, who led Scottish resistance to England, is captured by the English near Glasgow and transported to London for trial and execution.
AUG. 5, 1861: The United States Army abolished flogging.
AUG. 5, 1884: The cornerstone for the Statue of Liberty is laid on Bedloe's Island in New York Harbor.
AUG. 5, 1914: In Cleveland, Ohio, the first electric traffic light is installed.
AUG. 5, 1969: As part of the Mariner program, Mariner 7 makes its closest fly-by of Mars (3,524 kilometres).
AUG. 5, 1981: Ronald Reagan fires 11,359 striking air-traffic controllers who ignored his order for them to return to work.

WORDY GURDY



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HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME IN MINUTES:

previous day's answer

5	1	7	6	9	2	4	8	3
4	6	8	1	7	3	5	2	9
9	2	3	5	4	8	1	7	6
2	8	5	9	6	1	7	3	4
3	9	4	8	2	7	6	5	1
1	7	6	4	3	5	2	9	8
8	3	2	7	1	4	9	6	5
6	5	1	2	8	9	3	4	7
7	4	9	3	5	6	8	1	2

Under 13: Genius
13-17: Scholar

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

Support is found for a proposed endeavour. You're seen as a force of nature. Progress is made in a passionate connection.

TAURUS

APRIL 21-MAY 21

Critical mass is reached in relationship issues. Random acts of kindness will delight you. Electricity problems cause distress.

GEMINI

MAY 22-JUNE 21

You will be as merry as the day is long. Don't be fooled by current events. Surprising notes are discussed.

CANCER

JUNE 22-JULY 22

Learn to fend for yourself. Someone's confusion will force you to think logically. Don't shut out the possibility of a complete cure.

LEO

JULY 23-AUG 23

Use your natural talent for making conquests. An annoying uncertainty crops up about a friend. Your dedication wins some points.

VIRGO

AUG 24-SEPT 22

Good fortune comes to you. A pushy person makes himself at home. You'll be getting ahead in romance.

LIBRA

SEPT 23-OCT 23

You'll back down quickly when you're wrong. Other people's selfishness gives you grief. The queen of denial is coming for a visit.

SCORPIO

OCT 24-NOV 22

An animated chat informs you of a performance. Get back to basics with a friend. A bad guy is intimidating because he has no respect.

SAGITTARIUS

NOV 23-DEC 21

A man won't rest till a problem is fixed. A disappointment determines the end of a discussion. Losing something causes no pain.

CAPRICORN

DEC 22-JAN 20

A powerful image generates an investment strategy. A callous remark affects your mood. Be rational about bitter deeds.

AQUARIUS

JAN 21-FEB 18

When others panic, you'll go with the flow. There's an amusing surprise in store. Meet with a traveller for help with a scheme.

PISCES

FEB 19-MAR 20

A man will try to do the right thing. Someone with integrity is a welcome addition. A wise guy trying to win a stupid game is humbled.

Sudoku

	3	1		9	8	2		
	6			4				9
			1	7				
		4				8	7	
			5		3			
	2	5				9		
				5	6			
4			7				6	
		6	4	3		1	2	

17-21: Smart
21-25: Not bad
25+: Keep practising
more games metronews.ca

Vancouver weather

Afternoon



Sunny.
25°

Tonight



Clear.
Low 17°

Wednesday



Sunny.
24° / 18°

Thursday



Partly cloudy.
22° / 14°

Friday



Mainly sunny.
20° / 14°



Temperature Normals
High: 22.1°
Low: 13.3°

Records
High: 29.6°/1990
Low: 10°/1959

Sunrise: 5:51 a.m.
Sunset: 8:45 p.m.
Moonrise: 11:13 a.m.
Moonset: 10:12 p.m.

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